

DINNERLY



Balanced Falafel and Quinoa Salad with Roasted Beetroot, Hummus and Walnuts



30 minutes



2 Servings

There's lots to love about this winter salad, which abounds in earthy flavours and hearty, protein-packed grains. Beetroot brings a touch of sweetness to the mix and walnuts lend a toasty crunch.

WHAT WE SEND

- 200g beetroot
- 5g ras el hanout spice blend ¹
- 125g quinoa
- 40g walnuts ¹⁵
- 200g falafel ¹¹
- 50g mixed salad leaves
- 50g hummus ¹¹

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 tbs olive oil
- 2 tsp white or red wine vinegar ¹⁷
- 1 tsp honey

TOOLS

- oven tray
- baking paper
- sieve
- small saucepan with lid
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 810kcal, Fat 46.0g, Carbs 76.1g, Proteins 21.1g



1. Roast beetroot

Preheat the oven to 220C. Line an oven tray with baking paper. Peel the **beetroot** and cut into 2cm-thick wedges. Put on the lined tray, drizzle with **2 tsp olive oil**, scatter over **1 tsp ras el hanout spice blend** and season with **salt and pepper**. Roast for 25 mins or until tender.



2. Cook quinoa

Meanwhile, rinse the **quinoa** well in a sieve, then drain (see Kitchen 101). Put the quinoa, **1 tsp ras el hanout spice blend*** and **250ml (1 cup) water** in a small saucepan over medium heat. Bring to a simmer, then cover and reduce the heat to low. Cook for 12-15 mins until the water is absorbed and the quinoa is tender. Turn off the heat and stand, covered, for 5 mins.



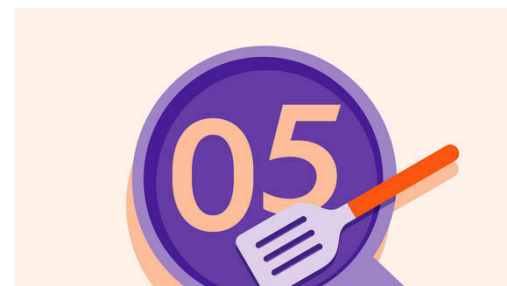
3. Pan-fry falafel

While the quinoa is cooking, put the **walnuts** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until golden. Remove from the pan and wipe clean. Heat **1 tbs olive oil** in the pan over medium-high heat. Cook the **falafels**, turning regularly, for 3-5 mins until golden. Remove the pan from the heat.



4. Make salad

Put **2 tsp olive oil**, **2 tsp white wine vinegar** and **1 tsp honey** in a large bowl, season with **salt and pepper** and stir to combine. Add the **quinoa** (see Kitchen 101), **beetroot** and **salad leaves** and toss to coat.



5. Serve up

Divide the **quinoa salad** and **falafels** among plates. Top with the **hummus** and scatter over the **walnuts**. Enjoy!



6. Kitchen 101

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy. ~ Let the quinoa cool before adding it to the salad leaves to prevent them from wilting too much.